



Sausage & lentil traybake



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



1835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 small onion
- ☐ 6 sausage (we used Toulouse)
- ☐ 500 g lentils cooked
- ☐ 3 tbsp red wine vinegar
- ☐ 3 tbsp maple syrup

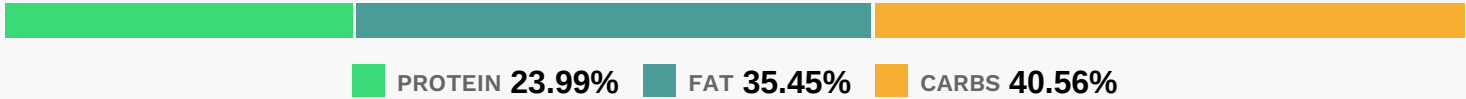
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Quarter the onions, leaving the root intact so they dont fall apart during cooking.
- ☐ Heat a griddle pan to high. Griddle the onions to char them, then remove and set aside.
Repeat with the sausages you dont need to cook them through at this point, just brown them.
- ☐ Tip the lentils into a roasting tin and add any juices from the griddle pan, the vinegar and some seasoning, then toss together. Arrange the onion wedges and sausages on top.
- ☐ Brush the sausages and onions with the maple syrup, and season the onions. Cook for 20 mins, then serve.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:9.54, Inflammation Score:-7, Nutrition Score:30.871304475743%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.26mg, Isorhamnetin: 5.26mg, Isorhamnetin: 5.26mg, Isorhamnetin: 5.26mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.32mg, Quercetin: 21.32mg, Quercetin: 21.32mg, Quercetin: 21.32mg

Nutrients (% of daily need)

Calories: 1834.7kcal (91.73%), Fat: 70.36g (108.24%), Saturated Fat: 22.47g (140.46%), Carbohydrates: 181.08g (60.36%), Net Carbohydrates: 101.3g (36.84%), Sugar: 27.63g (30.7%), Cholesterol: 183.6mg (61.2%), Sodium: 1646.11mg (71.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.14g (214.29%), Fiber: 79.79g (319.14%), Iron: 21.93mg (121.86%), Vitamin B3: 12.14mg (60.69%), Vitamin B1: 0.77mg (51.29%), Vitamin B6: 0.91mg (45.31%), Manganese: 0.85mg (42.42%), Vitamin B2: 0.72mg (42.38%), Zinc: 5.93mg (39.52%), Phosphorus: 376.49mg (37.65%), Vitamin B12: 2.17µg (36.13%), Vitamin C: 22.17mg (26.87%), Potassium: 861.92mg (24.63%), Calcium: 237.39mg (23.74%), Vitamin D: 3.32µg (22.1%), Vitamin B5: 1.84mg (18.4%), Magnesium: 53.39mg (13.35%), Copper: 0.21mg (10.57%), Folate: 22.5µg (5.63%), Vitamin A: 193.35IU (3.87%), Vitamin E: 0.51mg (3.37%), Vitamin K: 1.44µg (1.37%)